

The Flavor of the Delta







ARKANSAS DELTA
Produce Marketing Association





Fertile soil. Rich tradition. The Arkansas Delta has a flavor all its own. As the Mississippi River created this distinctive landscape, it laid the foundation for a remarkable agricultural history. Row crops that fueled the nation — including cotton, soybeans and rice — came to be traded the world over.

Where cotton was king, vegetable crops now thrive. Members of the Arkansas Delta Produce Marketing Association are located in the heart of this heritage — in Phillips, Lee and Monroe Counties in eastern Arkansas. They harvest produce which is both rich in the Delta tradition and popular in today's health-conscious culture. Sweet potatoes, yellow squash, cucumbers, okra, zucchini and purple hull peas flourish in the Delta soil. And, Arkansas' central location makes this area the market garden for much of the nation.

The Arkansas Delta Produce Marketing Association was formed to grow and distribute top-quality vegetables in the finest Delta tradition. Add the flavor of the Delta to your produce selection. And, enjoy it at home with these recipes.





Sweet Potato Cobbler

2 pounds sweet potatoes,
peeled and sliced 1/4 inch thick
3 1/2 cups water
1 1/2 cups sugar
3 tablespoons flour
1/8 tsp. nutmeg
1/2 tsp. cinnamon
1/4 tsp. salt
3/4 cup butter or margarine
1 prepared pie crust

Cook sweet potatoes until crisp tender, about 10 minutes. Drain, reserving 1 1/2 cup of cooking liquid. Layer potatoes in greased 13" x 9" pan. Add reserved liquid. Combine sugar, flour, cinnamon, salt and nutmeg. Sprinkle this mixture over the potatoes and dot with butter. Place prepared crust over the filling, and cut slits in top. Brush with butter, and sprinkle with sugar. Bake at 400° for 30–35 minutes, or until crust is golden brown.

Sweet Potato Biscuits

2 cups self-rising flour
1/4 cup packed brown sugar
1 tsp. cinnamon
1 tsp. ginger
7 tablespoons cold butter (divided)
1 cup mashed sweet potatoes
6 tablespoons milk

In bowl combine flour, brown sugar, cinnamon, and ginger. Cut in 4 tablespoons butter, until mixture resembles coarse crumbs. In another bowl, combine sweet potatoes and milk; stir into crumb mixture just until combined. Turn onto a floured surface, and knead 8–10 times. Roll to 1/2 inch thickness, cut with a 2 1/2 inch biscuit cutter. Place biscuits on an ungreased baking sheet. Melt remaining butter, brush over biscuits. Bake at 425° for 10–12 minutes, or until golden brown.





Sweet Potato Chips

- 2 large sweet potatoes
- 8 tables butter (1 stick), melted
- 1 cup honey-roasted peanuts, chopped
- Salt to taste

Heat oven to 450°. Line two large baking sheets with foil, lightly greased. Slice potatoes to 1/4 inch thick. Dip potatoes in melted butter and arrange on baking sheet so that the chips do not overlap. Sprinkle with chopped peanuts. Bake 15–20 minutes. Sprinkle with salt.

Sweet Potato Muffins

- 1 1/2 cups flour
- 1 cup plus 1 tablespoon sugar, divided
- 3 tsp. baking powder
- 3 tsp. grated orange peel
- 1 1/2 tsp. ground ginger
- 1 tsp. baking soda
- 2 eggs
- 1 c. mashed sweet potatoes (cooked without milk or butter)
- 1/4 tsp. cinnamon

Combine flour, 1 cup sugar, baking powder, orange peel, ginger, baking soda and salt in a large bowl. In smaller bowl combine eggs and sweet potatoes. Stir this mixture into dry ingredients, just until moistened. Fill greased or papered muffin pans 2/3 full. Combine remaining sugar and cinnamon, sprinkle over batter. Bake at 400° for 18–22 minutes. Cool 5 minutes before removing from pans.



FSAL

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The following are the names of the
persons who have been appointed
to the various committees of the
Board of Directors of the
Federation of South African
Lawyers (FSAAL) for the year
1998/99.

Support



Fried Okra

- 1 pound fresh okra (about 45 small to medium)
- 1/2 cup all-purpose flour
- 1/2 cup yellow cornmeal
- 1/2 teaspoon salt
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon ground black pepper
- 1 egg
- 2 tablespoons milk
- Cooking oil for deep-fat frying

Wash okra; trim ends. Slice okra into bite-size pieces; set aside. In a medium bowl combine flour, cornmeal, salt, red pepper and black pepper; mix well.

In a shallow bowl beat together egg and milk. Dip okra into milk mixture, then into cornmeal mixture; coat well. Fry about one-third of the okra at a time, in deep, hot fat (365°) for 3-4 minutes or until tender. Remove with a slotted spoon. Drain on paper towels. Keep warm in a 300° oven while frying remaining okra.





Purple Hull Peas

- 3 cups fresh purple hull peas
- 4 cups water
- 1 tsp. salt
- 1 Tb. sugar
- 2 strips bacon or 2 tsp. bacon drippings
- 2 small onions, diced

Combine all ingredients in large cooking pot. Bring to a rapid boil. Turn to low and cook 40 minutes. Makes 6 servings.

Cornbread Salad with Purple Hull Peas

- 1 pkg. dry Ranch dressing mix
- 1 cup mayonnaise (not salad dressing)
- 2 tomatoes, peeled, chopped & drained
- 2 cups shredded cheddar cheese
- 1 can or 2 cups fresh cooked purple hull peas, drained
- 1 can whole kernel corn, drained
- 10 slices bacon, chopped, after cooking crisp
- 1/2 cup chopped green onions
- 1/2 cup chopped red or yellow bell peppers
- 1/2 cup chopped green bell pepper
- 1 pkg. cornbread mix, cooked, cooled and crumbled

Mix all ingredients, refrigerate overnight.





Collard Greens

- 2 pounds fresh collard greens
- 2 cups water
- 1/2 cup chopped onion
- 1/2 cup chopped green sweet pepper
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon pepper
- 1 smoked turkey leg (about 1 pound) or
1 meaty smoked pork hock (about 1 pound)

Remove stems from greens. Wash leaves; pat dry. Coarsely chop leaves to measure 8 cups; set aside. In a Dutch oven or stockpot combine water, onion, sweet pepper, salt, pepper, and turkey leg or pork hock. Bring to boiling. Add greens; cover and reduce heat. Simmer about 1 1/4 hours or until greens are tender. Remove from heat; set aside and keep warm. Remove turkey or pork from bone. Shred meat with two forks and return to greens. Discard bone. With a slotted spoon, transfer to a serving bowl. Makes 6 to 8 side-dish servings.





Thai Cucumber Salad

- 1/4 cup sugar
- 1 teaspoon salt
- 1/2 cup rice vinegar
- 4 pickling or slicing cucumbers, seeded and thinly sliced
- 1 shallot, thinly sliced
- 10 whole cilantro leaves
- 1/4 cup red pepper, julienne (about 1 inch long)

Combine the sugar, vinegar and salt and heat in a small sauce pan until sugar has dissolved (about 5 minutes) do not boil. Set saucepan in cold water to cool the vinegar mixture. When cool, pour over cucumbers and garnish with red peppers. Serves four.





Golden Squash Pie

4 eggs
4 cups cooked mashed squash
1 cup buttermilk
1/4 cup butter, melted
2 tsp. vanilla
2 cups sugar
2 tablespoons flour
1 tsp. salt
1/2 tsp. baking soda
2 prepared pie shells
Nutmeg

Combine eggs, squash, buttermilk, butter and vanilla. Combine dry ingredients, add to the squash mixture and mix until smooth. Pour into pie shells. Cover edges loosely with foil. Bake at 350° for 35 minutes. Remove foil and bake 25 minutes longer or until a knife inserted near the center comes out clean. Cool and sprinkle with nutmeg. Store uneaten portions in the refrigerator.





Zucchini Cheese Boats

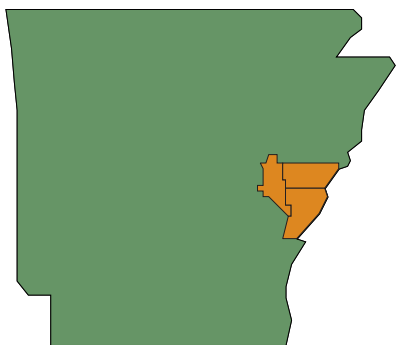
- 6 large zucchini (about 3 pounds)
- 1 tablespoon olive oil
- 4 slices bacon (about 1/4 pound), chopped
- 1/2 teaspoon onion salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon cayenne
- 1/4 cup packaged unseasoned bread crumbs
- 1 cup shredded swiss cheese

Heat oven to 375 degrees. Coat a 13" x 9" x 2" inch glass baking dish with nonstick cooking spray. Cut 1/8- to 1/4-inch thick lengthwise slice from each zucchini. Chop the slices and reserve.

Using a melon baller or small spoon and starting from cut side, scoop out most of flesh from each zucchini, leaving a shell. Chop together the flesh and add the reserved chopped slices. Reserve the zucchini boats.

In large nonstick skillet, heat oil over medium-high heat. Add chopped bacon; cook 3 minutes. Stir in chopped zucchini mixture, onion salt, garlic powder, nutmeg and cayenne; cook, stirring occasionally, 7 minutes. Remove from heat. Stir in bread crumbs and 3/4 cup of cheese.

Spoon about 1/2 cup filling into each zucchini boat. Place in prepared baking dish. Add 1/4 cup hot water to dish; cover dish with foil. Bake at 375° for 25 minutes. Uncover; sprinkle tops of zucchini with remaining cheese. Bake, uncovered, for 5 minutes or until cheese is melted. Makes 6 servings.



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